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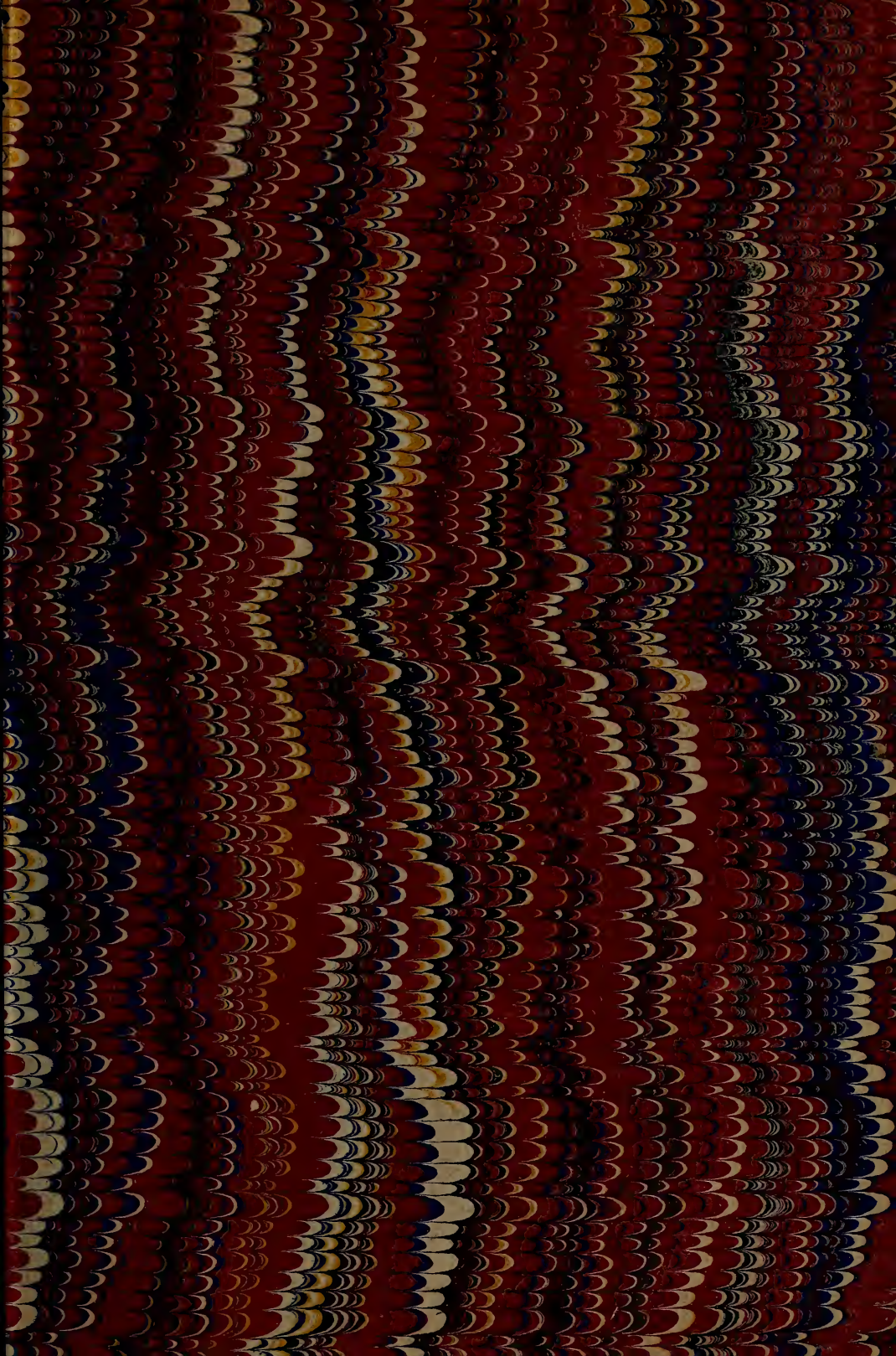
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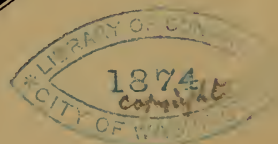
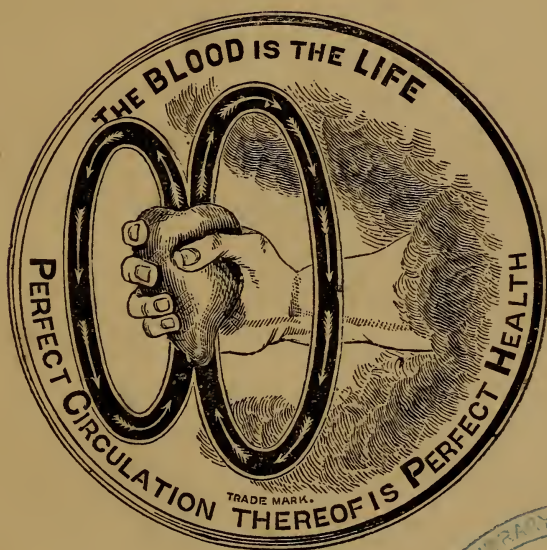
# THE STOMACH

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THE  
STOMACH:

ITS FUNCTION AND HYGIENE



NEW YORK:  
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“ I HAVE always advocated the opinion that  
“ the most important part of the science of  
“ medicine is to prevent disease ; and that to suc-  
“ ceed in doing so is to induce the public to learn  
“ how best to manage their Stomach.”

Dr. BEALE,\* in these words, indicates the present sentiment of the medical profession: First, *That its object is, most importantly, to prevent disease ;* and, Second, *That its success in that direction depends upon the intelligent coöperation of the public.*

What follows, concerning the Stomach and its Hygiene, is not intended to be exhaustive, nor, indeed, to do more than emphasize the central fact, older than any system of the healing art, but around which a new and exact science of medicine is crystallizing, namely: THE BLOOD IS THE LIFE.

That it is necessary so simple and obvious a proposition should be iterated with so much stress, urged as though it were a novel discovery, is only another illustration of the “fatal facility” with which the most vital and important elementary principles

\* LIONEL JOHN BEALE, editor of *The Stomach and its Ailments*, by Sir JAMES EYRE, M. D.

are overlooked or underestimated, because of their freedom and abundance,—as are sunshine, air and water, matters so common that we rarely pause to consider their vital necessity.

This blood, the river of life, carrying in itself the material for the growth and repair of every part of the body, has its source and origin in the Stomach. If the stream be obstructed or defiled at its source, the value of the current, throughout its whole course, must be impaired, and disease and premature death result.

To feed and renew healthily the vital tide, and then to secure its equal, thorough, perfect circulation to, and through, every part of the body, are the most important steps toward healthy life.

## THE STOMACH

MAN has but a single Stomach.

Which may be a blessing, from a dyspeptic point of view.

(Imagine a ruminant dyspeptic, suffering the pangs of indigestion in four Stomachs at once.)

With double sets of most other vital organs, that most vital viscus,—upon which depends the nutrition of every other,—in man, is a unit.

Two brains, two lungs, two hearts (anatomically), two kidneys, two sides to the body generally, but only one of that organ whose importance the ancients recognized by making it the seat of the soul itself.

Cut off an arm or a leg,—scoop out an ounce or two of the brain,—destroy the lungs until one, only, of the five lobes be left,—extirpate one of the two kidneys,—any, or possibly all, of these mutilations may be borne, and yet life and a tolerable degree of health be preserved.

But an Alexis St. Martin, with a window in his epigastre, is so rare an instance of recovery from injury to the Stomach, that he is no less famous thus than for the opening he afforded physiologi-

cal Paul Prys to watch the wondrous alchemy by which beef and pudding are converted into human protoplasm.

It is not necessary, though, to perforate one's midriff in order to destroy the integrity of the Stomach.

An insufficient secretion of gastric juice,—a want of tone and vigor in the muscular coat,—a slight morbid congestion of its blood-vessels,—or a perversion of function of its nerves, and the resultant suffering may be of such a character as to rob life of all its charms.

A wise and witty writer has doubted if the Inferno, itself, affords torments equal to those of indigestion. Haller, the father of modern physiology, called the Stomach "the conscience of the body;"—and the remorse of a guilty Stomach, the result, it may be, of but one mis-step from the paths of dietetic virtue, what can assuage?

It is not proposed, in these pages, to enter into dry physiological details. But in order to emphasize whatever of advice is offered, and to suggest the reasons for such advice, a few of the more important points connected with digestion will be briefly touched upon.

Voltaire is credited with the caustic apothegm that "at forty, one is either a fool or a physician."



It is assumed that the reader, whether forty or not, knows enough of himself and his physical peculiarities to escape the first category ; that he knows what articles of food he can, or cannot, eat with impunity ; that he knows the uses and objects of his teeth ; that he has learned what quantity, and at what intervals, he can eat with best results.

Knowing these things, he will be ready to admit, as to the first point, the literal truth of the homely adage : “ What is one man’s meat may be another man’s poison ”—and will not need be told, what is, in fact, the essence of dietetic wisdom : *Eat what agrees with you.* And this, regardless of what Combe, or Graham, or Bellows, or Dio Lewis, or any other of the self-appointed talkers about other people’s Stomachs, has to say on the subject.

Knowing the uses and objects of his teeth, the reader will not fail to use them properly—not only actively, in chewing, but passively, by furnishing them a proper mixed diet, the necessity for which is pointed out by their variety of form, as well as by the structure of the alimentary canal and the character of its various secretions.

As to quantity and number of meals, he may or may not have learned that,—in this country, at least, and among brain-workers,—over-eating is a much rarer error than under-eating. “ Always get up from the table hungry,” may have been a neces-

sary hygienic injunction in Poor Richard's day. But it is a gross dietetic blunder now, and, probably, always was. The material of which the brain and nerves are composed is contained in much smaller quantity in our ordinary food than that for any other portion of the body. And yet the average reader of these lines uses his brain and nervous system out of all proportion in excess of his muscular. One of the most eminent living physiologists has shown that three hours' use of the brain involves a direct waste of tissue equivalent to ten hours' muscular labor.\* So that the occupant of study, pulpit, forum or bench, sanctum, counting-room or desk, absolutely needs more food and better, than the most laborious toiler at mere manual labor. All intellectual giants,—with exceptions so rare as to scarce prove the rule,—have been good feeders.

KNOWING, then, *what, and how to eat, when, and how much*, what more is there to be said on the subject?

Given a judiciously selected meal of skillfully cooked food, thoroughly masticated, and one might be inclined to think he had done his share toward securing that good digestion which, The Master tells us, “waits on appetite.”

But the task is but begun. With the introduction of food into the Stomach begins the secretion

\* Rev. Prof. HAUGHTON, M. D., F. R. S., etc.

of the fluids necessary for its ultimate conversion into blood. The hint as to the "insufficient secretion of gastric juice,"\* will hardly prepare one for the statement that from twenty-four to thirty pounds of this fluid is necessary to the proper digestion of the ordinary three meals a day. That is: A bulk of fluid equivalent to the entire volume of blood in the body, is secreted from that blood every twenty-four hours in the healthy individual. When the writer first made this statement in print, he received a note from a physician, calling his attention to what was supposed to be a mistake of "pounds" for *ounces*. To which the following reply was made:

#### ANSWERS TO CORRESPONDENTS.

GASTRIC JUICE.—No; there is not any mistake, "accidental," or otherwise, in our statement in this journal for Nov. 1, that from twenty-four to thirty *pounds*,—not ounces,—of gastric juice is secreted every twenty-four hours by the healthy adult.

After citing the experiments of Bidder and Schmidt, Lehman, Corvisart and others, FLINT, in the latest and most authoritative work on physiology, sums up thus: " \* \* \* It is evident that the entire quantity of gastric juice secreted during the digestion of a single meal is very large; amounting, *at a very moderate estimate*, to from eight to ten pounds." (*Physiology of Man*, vol. II., p. 231.) He goes on to say that this enormous quantity of fluid, daily secreted by the

\* See *ante* p. 12.

mucous membrane of the Stomach, would excite surprise, were it not considered that after this fluid has performed its office in digestion, it is immediately reabsorbed, and but a small quantity of the secretion exists in the Stomach at any one time.

We stated the fact as boldly as possible, in order to excite inquiry and attention. Very few of us realize anything of the wonderful processes going on in "the house we live in," especially in its *kitchen*,—the Stomach.

The average amount of blood in the human body is twenty-eight to thirty pounds. From eight to ten pounds of gastric juice is necessary to digest each meal we eat. This gallon or so of liquid is taken from the blood. Now, isn't it clear that if the blood doesn't flow vigorously to the Stomach there won't be enough juice furnished to convert the food into nutriment? In other words, won't digestion be imperfect?—Won't dyspepsia mark you for its own?

And can this blood flow vigorously if your muscles are so lax and feeble that you never realize what it is to have a muscular consciousness? Don't you know your circulation is imperfect, when your extremities are habitually cold and your head habitually hot and flushed? And, finally, don't you know that ten minutes a day spent in a systematic, judicious Exercise will so tone up your five hundred-and-odd muscles that you will have a clearer brain, a firmer nerve, a sounder digestion and a more thorough circulation than all the drugs and bitters ever compounded can give you?

The Socratic style is scarce suited to didactic composition—but something may be pardoned the natural surprise that a medical man should have made such a blunder.



In addition to the enormous amount of fluids, necessary to prompt digestion,—of which the gastric is only one,—a healthy condition of the three coats of the Stomach is essential. If the mucous coat be diseased and so pours out a larger quantity of mucus than is normal, this mucus, by enveloping the food, will protect the latter from the solvent action of the gastric juice. If the muscular coat be out at elbows, so to speak,—is relaxed and feeble,—the necessary churning and grinding action of the Stomach will be wanting. Or, if the peritoneal coat be congested or inflamed, or the nerves disordered, any of these, or of the foregoing, conditions will cause either imperfect, prolonged or painful digestion.

As with the Stomach so with the small intestines. In these the bile from the liver, and the pancreatic juice from the pancreas or sweetbread, are mixed with the chyme from the Stomach, and the process of digestion still further carried on; until the perfected product, the chyle, is at last poured into the blood, to be sent by the heart to the lungs, there to receive the breath of life and become “flowing flesh”—the Life itself.\*

\* \* \* \* The physicians of the nineteenth century are preparing to sit at the feet of Moses, and learn that the blood of an animal really constitutes its life.—Rev. Prof. HAUGHTON, M. D., F. R. S., etc.: *On the Relation of Food to Work, and its Bearing on Medical Practice in Modern Times.*

THE integrity, then, of the Stomach and the due performance of its function, involve much more than a correct diet and vigorous mastication,—although these, too, are “of the essence of the contract.”

The office of the muscular system, in the merely mechanical work of grinding and churning ; and its agency in the circulation of the blood, by which the necessary juices are furnished for digestion,—by which the elaborated product is conveyed to the lungs for oxygenation,—and by which this oxygenated product, the living blood, is carried to every part of the organism for its growth and repair ; and, finally, its action upon the brain and nerves, by which the whole wondrous organism is regulated and controlled,—this muscular system, comprising over one-half the entire bulk of the body, is, at least, of secondary importance to no other in the function of digestion.

A brief consideration of some of the more common ailments of the Stomach will illustrate this, and indicate the remedy through the agency of the muscular system.

## CAUSES OF INDIGESTION OR DYSPEPSIA

“**T**HROUGH the medium of the Blood *all* the processes of Life take place.”\*

At the very foundation of the process of digestion do we find this important truth. The saliva with which the food is mixed in the mouth, and a proper quantity of which is as necessary to perfect digestion as of any other fluid, is, like all other fluids, secreted from the blood. The presence of the food itself in the mouth, increases the flow of blood in the vessels of the glands which secrete the saliva; and the muscular motion of chewing also calls additional blood there.

If, from any cause, there be an insufficient supply of blood sent thither, this first step in the process will be imperfect. Continuing the process a step further, the only partially salivated food enters the comparatively bloodless Stomach where, exposed to a temperature of about  $100^{\circ}$ , instead of being met by an abundant secretion of gastric juice and vigorously attacked by the muscular churning and grinding, it lies, fermenting and decomposing, in the inert, juiceless organ. This fermentation and

\* FLINT'S *Physiology of Man*.

decomposition give rise to various acid products and gases, which cause pain, "heart-burn," "acidity of the Stomach," flatulence, etc.

So the process might be followed step by step, each one adding to the disastrous effects, and all dependent, radically, on the same cause, viz., a failure in the due supply of that fluid through whose agency "all the processes of life take place."

The influence of any violent emotion, either of fear, or anger, or the grief which "causeth the tongue to cleave to the jaws," will prevent the due supply of blood, by monopolizing it in the brain. So that, while deeply engrossed mentally, or violently affected emotionally, food should be partaken of sparingly and only of the most easily digested character.

Aside from the psychical causes, and more important than these,—because generally of a more permanent character,—the condition of the muscular system has more to do with Digestion than is generally recognized. In another place\* we have endeavored to point out the agency of the muscles on the circulation, and the necessity of Exercise to enable them to perform this work.

With a lax, flabby condition of the muscles comes morbid congestion of some one or more of the

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\* CUMULATIVE EXERCISE AS A SYSTEM OF PHYSICAL TRAINING.  
Chapter II. *The Physiology of Exercise.*



various vital organs, while others suffer for want of a due supply of blood. The brain, and nervous system in general, as being the most common seat of this morbid congestion, will be taken as an illustration of the evils thus arising.

When in use, the brain contains a larger volume of blood than when at rest; the physiological condition of increased action of any part of the body—brain or biceps, Stomach or liver—being an increased supply of blood to the part. The more vigorous and prolonged the mental activity, the greater the quantity of blood required by the brain. Within certain limits this increased amount (which constitutes *congestion* or fullness) is healthy, and not incompatible with a proper supply to other organs. But after a certain period of time, varying with the individual, the gorged blood-vessels of the brain lose their contractile power; and although the necessity for further mental action may no longer exist, the presence of this blood prevents the brain from resting. In other words, so long as the brain is congested, so long will activity continue, whether profitable or unprofitable, desirable or otherwise.

With a healthy condition of the muscular system, such as comes from Exercise, this surplus blood may be drawn from the brain by the mere act of rising from the desk and walking a short distance, or by any other muscular Exercise. The vigorous,



resilient muscles, “sucking up blood like so many sponges,” speedily relieve the brain of its over-supply; and, by equalizing the distribution, give other organs a better chance to obtain what they need.

But with the languid, listless movements, which come from flaccid, undeveloped muscles, this great agency is wanting; the amount of blood required for their imperfect, lifeless contraction, is not sufficient to relieve the brain; and food, if now taken, enters the Stomach to find it entirely unprepared for its reception and disposal,—with what result has been already shown.

IMPORTANT as is this function of the muscles in equalizing the circulation, and so enabling the Stomach to draw from the entire body the necessary amount of blood, instead of from a single organ,—there are still other, and scarce less necessary, conditions dependent upon the tone and character of the voluntary muscles. As the body, which is a confederacy made up of many members, depends upon the integrity of each member for its integrity as a whole, so the muscular tissue or substance, wherever found in the body,—whether in the voluntary muscles, by which we move, etc., or the *involuntary*, by which we breathe, etc.,—this tissue is affected as a whole by whatever affects it in its parts.

Hence, disused and imperfectly developed voluntary muscles imply a relaxed, flabby condition of the muscular tissue wherever it exists,—in the muscular coat of the Stomach, rendering the trituration and motion of the food imperfect, and in the muscular structure of the intestines, giving rise to constipation, etc.

A relaxed condition of the muscles of the abdomen is so obviously the cause of many cases of dyspepsia,—which are often promptly, though only temporarily, relieved by the use of a supporter or belt,—that it is almost superfluous to mention it. The pendulous abdomen affords no support to its contents. The relaxed diaphragm allows the Stomach to press down upon the liver and spleen, and these, in turn, upon the intestines and other organs. Thus not only dyspepsia, but bilious difficulties, constipation, hæmorrhoids, etc., and, often, even graver diseases, arise.

To restore tone and vigor to the muscles of the abdomen is the effectual and rational cure for this class of cases.

To restore tone and vigor to the voluntary muscular system, by a judicious character of Exercise, is to secure,

I.—The natural, erect carriage of the body, by which the organs of digestion are kept in their proper position and relation:—

II.—The healthy condition of the *involuntary* muscular structure, concerned so importantly in digestion :—

III.—The proper, adequate supply to the digestive tract of those juices, without which digestion must be either slow, imperfect or painful :—

IV.—The prompt absorption and assimilation of the products of digestion :—

And, finally, the equal, thorough circulation of that fluid through the medium of which, not only these, but “all the processes of life take place.”

## *CUMULATIVE EXERCISE*

**H**OW to restore tone and vigor to the voluntary muscular system when wanting and to preserve it when regained, with the least outlay of time, with the least draft upon the nervous system, with the greatest safety, accuracy and efficiency,—this is the problem which the advocates of the system of Cumulative Exercise claim to have solved.

What the agency of Cumulative Exercise is upon the circulation, and how radically its effects differ from those produced by ordinary forms of Exercise, have been explained elsewhere;\* and the agency of the circulation in Digestion has been sufficiently dwelt upon in the preceding pages. But a few words may be here added on the specific effect of restoring the abdominal organs to their natural position, by increasing the strength and tone of the abdominal muscles.

The diaphragm, which separates the nobler from the baser entrails,—the heart and lungs from the Stomach, liver, spleen, intestines, etc.,—is so connected with the walls of the abdomen that, when

\* CUMULATIVE EXERCISE AS A SYSTEM OF PHYSICAL TRAINING. By FRANK W. REILLY, M. D. New York: The Health-Lift Company. 1873.



these latter are relaxed and flabby, it affords only imperfect support either to the incumbent organs above, or to the dependent organs below. These organs, pressing upon, and dragging, each other, are soon rendered incapable of healthy functional activity. Difficult or imperfect breathing, irregular heart's action, painful or defective digestion, congestion or torpor of the liver, constipation or inactivity of the bowels, hernia, hæmorrhoids, and a number of other ailments have their origin in this way. And they have their rational, permanent relief or cure,—not by medicines, boluses or “bit-  
ters,” regular or irregular; nor by propping up the abdomen by external and artificial support, belt, bandage or truss, but—by so training and developing the muscles themselves, and restoring their natural tone and character, as that they may perform their proper functions and uses.

In the system of Cumulative Exercise the muscles of the entire trunk are used as thoroughly as are the muscles of the extremities in ordinary forms of Exercise. The abdomen is flattened and its walls grow rigid; the diaphragm receives proper and adequate support; the organs are repositied in their natural relations; pressure is relieved from the inferior, and weight from the superior, ones; sources of irritation, congestion, and other unhealthy action are removed;—and with natural, healthy condi-

tions, come natural, healthy functions; Strength supplants Weakness, not of thew and sinew alone, but of Stomach, liver, heart and lungs,—and Disease gives way, not temporarily, but to permanent, enduring Health and Vitality.

THEORIES, however, go for little with the practical, busy men and women of the present age, unless abundantly buttressed by solid, tangible facts. The facts supporting the theory of Cumulative Exercise are already numbered by thousands. One instructor alone has had over *twenty-five hundred* pupils under his charge during the past five years.

From these the few illustrative cases following are cited, largely in the words of the pupils themselves. In most cases authority has been given to use the names and addresses; but this privilege has not been here used, from motives which will be readily appreciated.

It should be distinctly understood, however, that these will be furnished to any *bona fide* inquirer, and every opportunity furnished by the publishers for investigation of the claims and merits of the system.



## ILLUSTRATIVE CASES

CASE I.—V. L. C——— writes: “I  
*Sick Head-* commenced the practice of Cumulative Ex-  
*ache from* exercise with but little faith in any good  
*Indigestion.* resulting from it: but, after three months’  
trial, I was convinced, beyond a doubt, that  
from no other source could I have derived so much benefit in  
so short a time. Previous to this I was a great sufferer from  
dyspepsia and consequent sick headaches; but ten minutes’  
practice each day for three months entirely relieved me of  
these complaints. After over three years’ experience, I  
can safely recommend it to those suffering as I was, feeling  
confident of good results to all who will give it a fair trial.”

CASE II.—Mrs. —— had been subject,  
*Distressing* for about three years, to distressing flatu-  
*Flatulence.* lence and distention of the abdomen, coming  
on usually about an hour after eating. Of  
late the distress and suffering had increased,  
and particularly after retiring at night. Purgatives, carmi-  
natives, stimulants had all been tried; but, after affording  
temporary relief, soon failed to do any good. Out-door ex-  
ercise had been recommended; but was not practicable to a  
sufficient extent to produce much benefit.

In the spring of 1868, her physician advised a course of  
Cumulative Exercise. Being otherwise well and strong, she  
began at 150 lbs. The same night there was less distress felt  
than usual, and in the course of three months (at the end of  
which time she was lifting 300 lbs.), the difficulty had entirely  
disappeared.

CASE III.—J. F. C——, book-keeper, aged 35, complained of pain and a sense of weight at the pit of the Stomach, coming on generally within an hour after his dinner; often attended with flatulence, and then always relieved by the escape of flatus.

Habitual position over his desk had flattened the upper portion of the abdomen, and swelled it out below, so that malposition of the contained organs was very clear. Three months after beginning a course of Cumulative Exercise he was compelled to have some of his clothing altered; the round shoulders and flattened abdomen were approximating correct outlines; the pain and weight had entirely disappeared, and, at the end of the year, he was, as he phrased it, “as much better every way as 740 was more than 180”—these being the numbers of pounds lifted at the beginning and end of the year.

CASE IV.—W. S. B. M——, editor, aged 37, writes: “After three years’ experience of the system of Cumulative Exercise known as ‘The Health-Lift’ or ‘Lifting Cure,’ I am happy to add my testimony to that already recorded. When I began, my muscular tissue was entirely deficient in firmness, my head out of order, and the system, generally, in the unpleasant state attendant upon dyspepsia.

“I have now a good appetite, good digestion, a clear head, firmer muscle than ever before, and can lift 750 lbs. with greater ease than I could 300 at first. The first three weeks cured me of piles, nor have I had any return since, although occasionally omitting the exercise during the first two years, sometimes for months together.

“Experience, however, has shown me that some degree of regularity is indispensable to keep my brain in good working order.”

CASE V.—G. R. C——, capitalist, aged

*Obesity and* 33 years, “a man of an unbounded Stom-  
*Asthmatic* ach”—that is, it took forty-five and a half  
*Breathing.* inches to bound it. His weight was 232 lbs. ;  
 abdomen protuberant and pendulous, with

muscles so relaxed and infiltrated with fat that they afforded no support, but required a Russian belt to sustain the weight. Digestion was good and health generally fair, except that muscular exertion of any kind was growing more and more difficult, and the breathing becoming wheezy and asthmatic.

Beginning the system of Cumulative Exercise with a maximum weight of 200 lbs. for the first day's exercise, in three months the waist had been reduced to 41 inches, the chest increased in nearly the same proportion, the breathing was full, deep and natural, walking had become enjoyable, and he lifted 700 lbs. with more ease than the original 200.

During his third year he lifted the extraordinary amount of *thirteen hundred pounds*, a feat performed by only one or two others in this country.

CASE VI.—W. D. B——, engraver,

“*The worst* aged 42, writes: “For over *seventeen years*  
*form of* I was distressed with the worst form of dys-  
*Dyspepsia,* pepsia, weakness, irritability, nervousness,  
*Weakness,* headache, loss of appetite, and at times,  
*Irritability,* complete prostration, requiring my aban-  
*Nervousness,* donment of business entirely. I commenced  
*Headache,* a course of Cumulative Exercise in June,  
*Loss of Appe-* 1870, by lifting 175 lbs.; in a few weeks  
*tite,” etc.* could lift 500 lbs.; am now [May, 1872]

lifting 650, and have lifted 700 lbs. My appetite is good, I am stronger than ever before; good digestion, more cheerful (a very striking contrast with years gone by), and do feel that I am now, and have been for a

year and a half, a more healthy and a happier man than I dared to hope ever to be.

“I wish I could find words in which to express my complete admiration, gratitude, and confidence in your institution. But I will only say let those who have any symptoms of dyspepsia, or its attendant evils, give the system of Cumulative Exercise a fair trial, and they need have no fear of its results.”

CASE VII.—Miss ———, school-teacher, aged 22 years, had been subject to occasional attacks of vomiting partially digested food for about four years. During the winter and early spring of 1868, this became a regular habit. The food vomited was generally neutral or only slightly acid and not disagreeable, nor were the efforts at vomiting attended with pain or discomfort.

*Habitual Vomiting after Meals.*

There was, however, an increasing emaciation, consequent loss of strength and endurance, and a growing nervous irritability. She began, in April, with an exercise of 40 pounds, and on the 15th of May following lifted 220, having gained 12 pounds in her own weight, but without having checked the vomiting entirely. The attacks grew gradually less frequent, and at longer intervals after meals, and less and lesser amounts were ejected, until they finally ceased in the latter part of June.

In the fall of 1871, the last time heard from, she remained free from her old trouble, and was exceptionally strong and well.

CASE VIII.—W. H. S——, a prominent criminal lawyer, aged 52 years, for some fifteen years had been troubled with dyspeptic symptoms, chiefly a sense of weight—sometimes amounting to severe pain—at the pit of the Stomach, more or less flatu-

*Flatulent Dyspepsia, Hemorrhoids and Headache.*



lence, and generally accompanied by severe headache lasting about an hour. During his entire professional life he had been uniformly seized with an attack of vomiting just before addressing a jury. [The writer had the honor of serving, during the late war, on the medical staff of a general officer, who rarely, if ever, went into action without being affected in the same way. The intense strain upon the nervous system in a higher direction, evidently paralyzed the nerves engaged in the lower function of digestion, and the Stomach, unable to dispose naturally of its contents, simply ejected them.]

His appetite was fitful and capricious, leading to irregularity in meal hours; bowels alternately constipated (followed by more or less hæmorrhoidal protrusion and bleeding) and loose; and these symptoms were gradually intensifying and destroying, not only his enjoyment, but his ability to work.

After three months' Cumulative Exercise, these symptoms entirely disappeared, except the vomiting, which continues even now, under the given circumstances, although he has exercised regularly for over four years, and is, otherwise, remarkably strong and vigorous.

CASE IX.—D. G——, contractor and  
*“Ailments* builder, aged 47, writes: “At the time I  
*enough to* began using ‘The Health-Lift,’ in Decem-  
*stock a* ber, 1867, I found myself very much ‘run  
*Hospital.”* down’ from unnecessary worry, care, and  
 anxiety in business, resulting in great pros-

tration of the whole nervous system, manifesting itself more particularly in extreme nervous debility, deranged digestion, pain in the eyes after reading but a short time; great fatigue after slight exertion; weakness of the limbs, inability to sustain any position but a very short time, even when resting;

bowels very much constipated; extremities cold; throbbing and fluttering of the heart; torpid liver; poor circulation, with extreme irritability of temper and depression of spirits. My head, also, seemed to be absolutely worn out, and incapable of any serious mental effort without extreme cerebral disturbance. It seemed to me as though I had ailments enough to stock a hospital.

“On commencing lifting, these symptoms, particularly the trouble in the head, seemed at first rather aggravated than otherwise; but I soon became conscious that it was increased nervous vital force struggling to cast out disease [?], and the struggle has continued until these disagreeable symptoms have, one by one, slowly and with apparent great reluctance, nearly all left me, and I feel in every respect a better man.

“But it is only on looking back beyond the past two years that I can fully realize the great depths from which I have emerged. I feel that I have, in fact, literally *lifted* myself up.”

CASE X.—H. W——, a prominent capitalist, aged 60, writes: “I cheerfully “*Old Age and* give my testimony in favor of the value of *Dyspepsia both* Cumulative Exercise. I feel well assured *Cured.*” it is based on sound principles; and the effects I have witnessed in others, as well as experienced personally, during the last two years, assure me of its success in practice. My physical system had been ‘running down’ for several years before I came to ‘The Health-Lift’ for relief. My brain had been overworked, and my nerves were much enfeebled. I had tried horseback riding, a trip to California, a winter at Mentone, and another at the Isle of Wight; had been rubbed and bathed, and electrified in various ways; fed on phosphates, raw beef, milk, etc. And all with the net result that I was old, infirm, broken-down.



lagging superfluous on the stage'—dyspeptic, my liver torpid, my digestion feeble, suffering from headache, numbness of the limbs, coldness of the extremities, and general langour and depression of body and mind.

"When I began your system of exercise, 80 lbs. cost me a severe effort. I now, two years after, lift 700. In those figures is told the whole story. My appetite is natural, my sleep sound, my digestion good, and I am free from all nervous distress. I have increased in flesh; my endurance of fatigue, both mental and physical, is superior to what it has been any time for a dozen years; there is an elasticity of movement and a vigor which I had not, and my spirits, if not positively buoyant, are equable.

"In short, if curing the symptoms is curing the disease, I may say *Cumulative Exercise has cured both my old age and my dyspepsia.*"

CASE XI.—J. H. B——, principal of  
*Heart Disease* the —— public school, aged 43 years, had  
*from* been rejected by the medical examiner of a  
*Indigestion.* Life Insurance Company on the ground  
 of heart disease. Examination at "The Health-Lift" revealed some amount of dilatation (or enlargement) of the right side; but the rhythm was healthy, and no evidence of valvular difficulty.

His history was the not uncommon one of his class:—a hum-drum monotone of grey, colorless work in school, little or no interest in his duties, or in the outer world, seeking only his own comfort, and hypochondriac as to his health, which he watched with morbid anxiety, and in the interest of which he was continually tempting his appetite with meals between meals, than which there is no worse habit than "drinking between drinks." He rather took a melancholy satisfaction in his rejection for life insurance, as endorsing

his claims to consideration as an invalid; and was quite disposed to resent the assurance that his condition was not incurable, and that his heart was not so seriously affected as to prevent judicious exercise. He began by lifting 80 lbs., with much trepidation, but finished his first day's exercise at the very respectable figure of 260 lbs. At the end of six weeks he lifted 540 lbs.; his sleepless nights, palpitation and fluttering of the heart, flatulence, irregular habit of bowels and selfish indifference were gradually disappearing, and he had voluntarily confined himself to the ordinary three meals a day. In three months he reduced his abdominal girth three inches, although retaining about his original weight.

One year after beginning the exercise, he lifted 1,000 lbs., and soon after (in May, 1870) removed to Colorado, where he is now a successful stock-raiser.

## SIX LETTERS FROM A DYSPEPTIC

*[The following series of letters from a clergyman, compelled to resign his ministry on account of failing health, is a fair representation of hundreds of parallel cases:]*

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[No. 1.]

\_\_\_\_\_, N. Y., April 2d, 1872

\_\_\_\_\_, M. D.,

THE HEALTH-LIFT CO..

*Dear Sir:*—I have been an invalid for several years, and have gone the rounds experimenting with the various curative methods; but so far, for some reason, to little or no profit. I have for more than a year been inclined to give them all up and fall back on the best system of hygiene that my reading and experience suggested. But I have recently seen several printed testimonials from men of high standing in various spheres, whose names I have long known and whose judgment commands my confidence in other things.

They all state that they have received decided benefit from the system of Cumulative Exercise; some that they have had a lowered tone of the general health restored to youthful vigor; others that they have had deep-seated diseases of long standing; and which have defied the most skillful, persistent and varied treatment, permanently cured by means of this Exercise. I have become intimately acquainted with one who, for years, had suffered severely from brain troubles, utterly unfitting him for his ministerial work, and who left no stone unturned to remove his trouble, and all to no purpose, but who is now, through the Cumulative Exercise, restored to remarkably vigorous health.

These things have excited my curiosity, and they lead me to inquire whether there is any reason for me to hope for any such results from the use of the same means.

I have been an invalid for more than ten years, and the disease has now become many-sided. I am quite dyspeptic, scarcely eating a mouthful of anything without pain. I have not had a natural movement of the bowels for years. For years, too, I have had oxalic deposits; my eyes pain me whenever I look steadily at anything; all reading pains me. My eyes and mouth are very dry in the morning. Of course I am very nervous; have much pain in my head; sleep is easily disturbed; I often lose a whole night and suffer much from want of sleep. For years, preaching has prostrated me very much, and I have been obliged to give it up.

I am not confined to my bed—look reasonably well to most people, except in the color of my skin; but I have very little powers of endurance. What can you do for me? Have you had any similar cases? I am too feeble and discouraged to try any doubtful experiments, and means are too limited; but if there is a clear prospect I will make a fair trial.

Yours truly,

[No. 2.]

\_\_\_\_\_, N. Y., Sept. 3d, 1872.

\_\_\_\_\_, M. D.,

THE HEALTH-LIFT CO.:

*My Dear Doctor*.:—I cheerfully give you a summary of my case and my estimate of your system of Exercise up to the present time.

I have been an invalid for more than ten years. My symptoms have been dyspepsia, constipation, inflamed and catarrhal condition of the mucous membrane, oxalic deposits, nervousness, sleeplessness, depression of spirits, congestion



of the brain, making reading and study always painful and often impossible. Most of the time I have been compelled to desist from my ministerial labor.

I have earnestly sought a cure in the various systems of treatment for chronic diseases.

I have tried allopathy, homœopathy, hydropathy—both in their rigid and milder forms; Swedish movements, gymnastics and electricity—all under the men who stood at the head of the various departments. I tried also rest, change of climate and travel, both in this country and in Europe. I have spent also a year-and-a-half on a farm. From some of these methods of treatment I received some relief, but from none a cure or the hope of one.

When I began the use of the Lift four months ago, the conviction had settled upon me that I was doomed to a life of invalidism of the most depressing kind. I am not yet well, but I am immensely improved, and I entertain the hope of being entirely well—a hope which seems to rest upon a rational and solid foundation.

I entertained this hope, too, just at that stage in the treatment, when under the other systems of treatment I was usually most depressed, to find that they had done so little, and that there was little hope that they could work a cure.

I can perform thrée times as much muscular labor as I could when I began the Exercise; I sleep soundly and refreshingly every night. My digestion much of the time is painless; most of the time now, after preaching, I have no peculiar, disagreeable sensations. I am confidently expecting to be fit in a few months for permanent service in the pulpit.

I can commend the Lift as the best means of cure I have ever tried.

Yours affectionately and gratefully,

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[No. 3.]

———, N. Y., Oct. 17th, 1872.

———, M. D.,

THE HEALTH-LIFT CO. :

*My Dear Doctor*.:—The longer I use the Lift the better I like it. There are several features of it that seem to me of immense consequence, whether it is used as a means of exercise for the healthy or a means of cure for the diseased.

It affords a chance for the body to put forth the most stupendous exertion possible with entire safety. It exercises every part of the body equally and attacks and drives out disease, no matter how remotely it may have hid itself in the system or how difficult of medication. No Exercise that at all approaches the thoroughness of Cumulative Exercise, can occupy so small an amount of time. Time is money at all times, but especially in the present age.

But the feature of Cumulative Exercise which has proved of most value to myself, is the fact that I can take such vigorous Exercise, and so harden up my whole body and increase my powers of endurance with the least possible draft upon the nervous system.

I have been seeking some such thing for years, and feel now like the old philosopher who cried, *Eureka*. So sensitive has been my nervous system that to guard that has been one of my chief concerns for years. I have tried all forms of Exercise, and yet, with the single exception of Swedish movements before the Exercise had reached a point vigorous enough to be of any profit, my nerves have been prostrated. I have used the Cumulative Exercise now for six months, and yet have never had my nerves unpleasantly excited ; but, on



the contrary, I have obtained through it quiet and sleep when I have been perturbed and nervous, which nothing else I know of could have given.

Thus it is slowly but surely building up my nervous system which has defied the power of the other curative means I have hitherto tried.

Yours gratefully and affectionately,

[No. 4.]

\_\_\_\_\_, N. Y., Nov. 19th, 1872.

\_\_\_\_\_, M. D.,

THE HEALTH-LIFT CO.:

*Dear Doctor*:—I have received a very decided check in my progress toward recovery. I have no appetite; my constipation seems returning; there are copious deposits in the urine; I fail to get any benefit from my sleep, although I sleep as much as usual. My mouth tastes badly in the morning; my eyes are congested and burn and are glued together, with a viscid secretion, when I awake. I can neither read, write or think to any purpose.

Have I exhausted the Lift? Has it done all for me that it can? Must I relapse into my old hopeless invalidism?

Up till last Sunday (the 17th), I had been steadily, almost uninterruptedly, gaining. For the four weeks previous I had been able to write more easily than before for ten years. I preached three times last Sunday, and I think never better in my life.

Have I done too much? What do you advise? The grasshopper is a burden. I have no courage to lift. Write me at once.

Yours truly,

[No. 5.]

\_\_\_\_\_, N. Y., Nov. 25th, 1872.

\_\_\_\_\_, M. D.,

THE HEALTH-LIFT CO.:

*My Dear Doctor*:—I am entirely over my crisis. This morning I felt a little “Mondayish” through the unavoidable excitement of yesterday. There was a little more church work and far more visitors than usual. But I am bright and strong this afternoon. I have just lifted 600 with more ease than for weeks.

ratefully yours,

\_\_\_\_\_.

[No. 6.]

\_\_\_\_\_, N. Y., Dec. 9th, 1872.

*My Dear Doctor*:—I am feeling first-rate to-day; I have not been so well on a Monday after preaching for many years.

I rode up from New York to \_\_\_\_\_ on Saturday with Dr. \_\_\_\_\_, my old physician. I told him my condition and that I attributed my improvement to the “Lift.” Of course he was very non committal as to this, but our conversation was pleasant and social otherwise, and I was very glad to have the opportunity of saying what I did concerning the Exercise and its results. \* \* \* \* \*

Yours affectionately,

\_\_\_\_\_.



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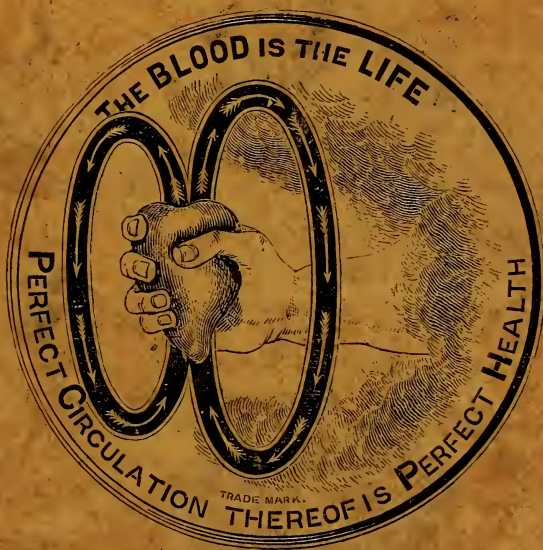
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